

South Heartland District Health Department Summary

Counties	Average age	Education		Race / Ethnicity		
Adams, Clay, Nuckolls and Webster	38.9 years	H.S Grad / GED or Higher	85.9%	White, non-Hispanic	93.9%	(44,411)
Total population	Median income	College Grad	18.0%	Minority	6.1%	(2,897)
47,308	\$35,898					

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the South Heartland District, a significantly smaller proportion of adults consumed alcohol during the past 30 days, compared to Nebraska overall.
- Rates for four indicators were significantly worse in this District than statewide. The proportion of adults who currently smoke cigarettes and the proportion who ever had a heart attack or stroke or have coronary heart disease were each greater than the rates for Nebraska. The proportion of District respondents who had visited the dentist in the past twelve months and the proportion who knew the meaning of "Five-a-Day" were smaller.
- Among women in this District, the proportion that drank alcohol in the past month was significantly smaller than statewide. However, greater proportions of District women were overweight/ obese or reported having a heart attack, stroke, or coronary heart disease.
- Rates for five indicators were significantly worse for men in the South Heartland, compared to the state overall. District men were more likely to report that they are in fair or poor health, have diabetes, or currently smoke cigarettes. They were less likely to have visited the dentist in the past year or to know the meaning of "Five-a-Day."

Health-Related Quality of Life

- Among South Heartland District adults, 20.0% considered their general health "fair" or "poor." Men in this District (26.5%) were significantly more likely than men statewide to report fair or poor health. They were also significantly more likely than women in the District (13.8%) to rate their general health this way.
- South Heartland adults rated their physical health as "not good" an average of 3.8 days in the past month.
- District respondents averaged 2.1 days in the past month when mental health was "not good."
- Poor physical or mental health prevented South Heartland adults from participating in their usual activities an average of 4.9 days in the past 30 days.

Health Care Access

- One-fifth of District residents aged 18 to 64 years (20.2%) reported having no health care coverage.
- Among South Heartland adults, 15.0% did not have a personal doctor or health care provider. Men (22.8%) were significantly more likely than women (7.8%) in this District to state they have no personal health care provider.
- One in seven District adults (13.9%) stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- Seven out of ten adults in the District (69.9%) reported visiting a doctor for a routine checkup within the past year.
- The average distance from respondents' homes to the closest emergency room (ER) was 8.5 miles.
- In this District, the average distance to the ER at which respondents preferred to receive care was 10.8 miles.
- One-half of South Heartland adults (49.8%) reported no problems or barriers to getting medical care, other than cost.
- Among District residents who reported a problem getting medical care (other than cost), work (27.7%), long waits (17.5%), and not having insurance (14.9%) were mentioned most frequently.
- South Heartland residents most often cited a doctor (50.2%) as their primary source of information on health issues or illness. Family or friends (15.9%) and television (9.1%) were also mentioned frequently.

Cardiovascular Disease

- A significantly greater proportion of South Heartland adults (15.8%) had ever been told they had a heart attack or stroke or that they have coronary heart disease, compared to adults statewide. Women in this District (16.0%) were significantly more likely than Nebraska women overall to have been told they have these health problems.
- In this District, 30.0% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the South Heartland District were much more likely to identify cardiovascular disease (74.3%) than they were to identify stroke (39.7%) as something untreated high blood pressure can lead to.
- The majority of respondents (68.3%) had their cholesterol level checked during the last five years.
- Among respondents who ever had their blood cholesterol checked, 44.4% had been told it was high.
- During the past year, 10.7% of South Heartland adults were certified to perform CPR.

Diabetes

- Among South Heartland residents, 10.7% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).
- Men in this District (14.8%) were significantly more likely to have diabetes than men in Nebraska overall.

Cancer Prevention

- Seven out of ten South Heartland women aged 40 or older (71.7%) reported having a mammogram in the past two years.
- One-third of adults aged 50 or older in this District (35.3%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the South Heartland (47.6%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- Among South Heartland adults, 12.9% had ever been told they had asthma, while 9.8% currently have this disease.

Overweight and Obesity

- Two-thirds of adults in this District (67.3%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). South Heartland women were significantly more likely to be overweight or obese (67.8%) than women statewide.
- More than one-fourth of South Heartland adults (26.5%) were classified as “obese” (Body Mass Index = 30 or higher).

Tobacco Use

- Compared to Nebraska adults, a significantly greater proportion of District adults (27.1%) currently smoke cigarettes either daily or on some days of the month. Men in the South Heartland (41.4%) were significantly more likely than men statewide to be current smokers. They were also significantly more likely than women in this District (13.7%) to currently smoke cigarettes.
- More than one-fifth of adults in this District (22.2%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in this District, 55.2% reported trying to quit smoking during the past year.
- Of the adults in this District, 68.3% said they have rules prohibiting smoking anywhere in their homes. Among adults who work indoors most of the time, 80.4% stated their workplace’s official smoking policy does not allow smoking in any work areas.

Physical Activity and Sedentary Behaviors

- One-fourth of adults in the South Heartland District (26.3%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 41.3% of District respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.
- Nearly one-half of District adults age 18 and older (47.3%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

Nutrition

- Nearly one-fourth of South Heartland respondents (24.1%) consumed fruits and vegetables the recommended five or more times per day. Women in this District (34.3%) were significantly more likely than men (13.2%) to eat fruits and vegetables this frequently.
- About one-third of District adults (35.5%) were knowledgeable about what “Five-a-Day” means, with women (47.2%) significantly more likely than men in the District (23.0%) to know what this phrase means. Men in this District were also significantly less likely than men statewide to be knowledgeable about “Five-a-Day.”
- Less than one-fifth of respondents (18.1%) reported consuming dairy products three or more times daily.
- On average, South Heartland adults ate food from restaurants or fast food shops 2.0 times per week.
- Nearly one-third of respondents (31.9%) rated foods at community events in the South Heartland District as “always” or “almost always” healthy. More than one-half (54.9%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- More than one-fourth of respondents (28.2%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

Alcohol Consumption

- Compared to the Nebraska average, a significantly smaller proportion of South Heartland adults (41.8%) reported consuming at least one drink of alcohol in the past 30 days. The proportion of women in this District who drank alcohol in the last month (34.4%) was also significantly smaller than the rate for women statewide.

Injury

- One in eight adults in the South Heartland District (12.1%) said they had fallen in the past three months. Of those who had fallen, 27.2% were injured by the fall.
- Men in this District (17.8%) were significantly more likely than women (6.7%) to have fallen during this time period.
- The majority of District respondents (83.1%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Women in this District (93.2%) were significantly more likely than men (72.1%) to report always or nearly always wearing their seatbelts.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 43.1% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding.

Immunization

- Among South Heartland residents aged 18 and older, 30.2% got a flu vaccination during the past year.

Oral Health

- A significantly smaller proportion of District adults (62.2%) saw a dentist or visited a dental clinic in the past year, compared to adults statewide.
- Men in the South Heartland (51.8%) were significantly less likely than men statewide to have visited the dentist in the last 12 months. They were also significantly less likely to have seen the dentist than women in this District (72.0%).

Women’s Perceptions of Health Threats and Causes of Death

- About one-third of women in the South Heartland District (34.9%) identified cancer as the leading health problem facing women today.
- Only 17.4% of women in the District consider heart disease or heart attack the leading health problem facing women today. However, 46.4% identified heart disease/attack as the leading cause of death for all women.

Social Context

- Few South Heartland adults (6.6%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 14.6% of District respondents reported it is “somewhat” or “very unsafe.”

South Heartland District Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	432	20.0%	Non-Sig	144	26.5%	Higher	288	13.8%	Non-Sig	Yes
2. Average number of days (in past month) that physical health was not good	425	3.8	Non-Sig	137	4.5	Non-Sig	288	3.2	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	424	2.1	Non-Sig	142	1.5	Non-Sig	282	2.8	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	207	4.9	Non-Sig	52	7.2	Non-Sig	155	3.2	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	293	20.2%	Non-Sig	110	20.7%	Non-Sig	183	19.7%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	434	15.0%	Non-Sig	145	22.8%	Non-Sig	289	7.8%	Non-Sig	Yes
3. Needed to see a doctor in past year but could not because of cost	431	13.9%	Non-Sig	142	13.2%	Non-Sig	289	14.5%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	427	69.9%	Non-Sig	141	63.8%	Non-Sig	286	75.6%	Non-Sig	No
5. Average distance in miles from home to the ER closest to home	430	8.5	Non-Sig	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	415	10.8	Non-Sig	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	427	49.8%	Non-Sig	142	53.0%	Non-Sig	285	46.8%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	189	1) Work (27.7%)		2) Long Wait (17.5%)		3) No Insurance (14.9%)		(Other= 22.4%)	
	Men	66	1) Work (23.9%)		2) Long Wait (14.3%)		3) No Insurance (10.8%)		(Other= 29.9%)	
	Women	123	1) Work (30.9%)		2) Long Wait (20.1%)		3) No Insurance (18.3%)		(Other= 16.2%)	
9. Primary source for getting information on health issues or illness										
	Overall	424	1) Doctor (50.2%)		2) Family/Friends (15.9%)		3) TV (9.1%)		(Other= 2.8%)	
	Men	140	1) Doctor (51.8%)		2) Family/Friends (20.6%)		3) TV (9.2%)		(Other= 1.1%)	
	Women	284	1) Doctor (48.7%)		2) Family/Friends (11.5%)		3) Newspaper (10.1%)		(Other= 4.4%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	431	15.8%	Higher	144	15.6%	Non-Sig	287	16.0%	Higher	No
2. Ever told blood pressure was high	432	30.0%	Non-Sig	145	30.0%	Non-Sig	287	30.0%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	435	39.7%	Non-Sig	145	34.1%	Non-Sig	290	45.0%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	435	74.3%	Non-Sig	145	70.9%	Non-Sig	290	77.4%	Non-Sig	No
5. Had cholesterol checked during the past five years	425	68.3%	Non-Sig	144	59.5%	Non-Sig	281	77.2%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	372	44.4%	Non-Sig	117	50.3%	Non-Sig	255	39.9%	Non-Sig	No
7. Were CPR certified during the past year	432	10.7%	Non-Sig	144	7.2%	Non-Sig	288	14.1%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	435	10.7%	Non-Sig	145	14.8%	Higher	290	6.9%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	233	71.7%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	265	35.3%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	262	47.6%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	435	12.9%	Non-Sig	145	13.5%	Non-Sig	290	12.2%	Non-Sig	No
2. Currently has asthma	432	9.8%	Non-Sig	145	9.3%	Non-Sig	287	10.3%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	415	67.3%	Non-Sig	142	66.8%	Non-Sig	273	67.8%	Higher	No
2. Obese (BMI 30+)	415	26.5%	Non-Sig	142	29.1%	Non-Sig	273	24.2%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	435	27.1%	Higher	145	41.4%	Higher	290	13.7%	Non-Sig	Yes

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	435	22.2%	Non-Sig	145	24.2%	Non-Sig	290	20.3%	Non-Sig	No
3. Current smokers who tried to quit during the past year	76	55.2%	Non-Sig	^	^	---	^	^	---	---
4. Smoking not allowed in home	432	68.3%	Non-Sig	144	64.9%	Non-Sig	288	71.6%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	176	80.4%	Non-Sig	^	^	---	129	88.4%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	432	26.3%	Non-Sig	144	26.7%	Non-Sig	288	25.9%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	395	41.3%	Non-Sig	131	36.4%	Non-Sig	264	45.7%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	418	47.3%	Non-Sig	140	51.3%	Non-Sig	278	43.6%	Non-Sig	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	435	24.1%	Non-Sig	145	13.2%	Non-Sig	290	34.3%	Non-Sig	Yes
2. Knowledgeable about what '5 a day' means	433	35.5%	Lower	145	23.0%	Lower	288	47.2%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	435	18.1%	Non-Sig	145	11.4%	Non-Sig	290	24.3%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	429	2.0	Non-Sig	142	2.2	Non-Sig	287	1.7	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	434	31.9%	Non-Sig	145	34.9%	Non-Sig	289	29.1%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	426	54.9%	Non-Sig	144	52.2%	Non-Sig	282	57.4%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	426	28.2%	Non-Sig	144	30.4%	Non-Sig	282	26.1%	Non-Sig	No
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	433	41.8%	Lower	144	49.7%	Non-Sig	289	34.4%	Lower	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	434	12.1%	Non-Sig	144	17.8%	Non-Sig	290	6.7%	Non-Sig	Yes
2. Injured due to a fall during the past three months, among those who fell	52	27.2%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	431	83.1%	Non-Sig	143	72.1%	Non-Sig	288	93.2%	Non-Sig	Yes
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	75	43.1%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	435	30.2%	Non-Sig	145	27.2%	Non-Sig	290	33.0%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	429	62.2%	Lower	145	51.8%	Lower	284	72.0%	Non-Sig	Yes
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	290	34.9%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	290	17.4%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	290	46.4%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	430	6.6%	Non-Sig	143	2.1%	Non-Sig	287	10.8%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	430	14.6%	Non-Sig	144	11.5%	Non-Sig	286	17.6%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

[^] Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005